

Seaford Striders Newsletter

February 2021



WE DON'T JUST RUN, WE ALSO HAVE FUN!

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February is the border between Winter and Spring...

Another month has passed at Seaford Striders, but what has been most special about February for me is all of the positivity that I can feel. We have seen signs of Spring arriving lately, more light in the day and I know many runners are already back in their summer running shorts- all of which is very exciting!

There is also some fantastic news regarding group running- Striders group running and parkrun are seemingly not so far away...

Some articles that can be found in this month's newsletter are special thanks from Chairman Rob, changes in membership fees and a 'favourite running route' feature.

Keep doing what you do best, stay positive and I'm sure I will see you all soon.

A New Year's Eve Marathon

By Adam Haverly

(HUGE apologies to Adam as I missed this feature in January)

When people ask what your plans are for New Year's Eve, you'd normally think of partying but this is a year of a global pandemic! So I decided to run a marathon on the last day of the year. I'd entered a virtual race that got postponed, and it true Adam style, I left it right to the last day to do it!

Now, not many people would choose to set off for a long run just after five am but I had a deal with my wife, I agreed not to let running take up the majority of the day and this way I could still have a beer or three later on!



The seafront was so calm and peaceful at that time of the time morning. Barely a soul around. No dog today, this was going to be a solo effort. I started the watch and off we went along the seafront and up Seaford Head. Dark and misty up there, can't remember the last time I ran up there in the light! Down to coastguard cottages and along the river to Exceat bridge, a little slippery underfoot, more sliding on the way to Alfriston, certainly one way to wake up. Just the newsagents setting up

in Alfriston, up towards the old coach road, a few quite miles along the foot of the downs, found a guard dog and got shin deep in unavoidable puddles.

Excellent. First glimpses of daylight around mile 10. Managed not to get lost around Firle, result. Made it along the road to Southerham roundabout outside Lewes and joined the river to head back to Newhaven. It's a long slog back along the river but flat, made it to 19 miles around Southease, I couldn't face going up the monster as I'd originally planned. But I did get to see the sun at this point- that should help defrost my tights!

I weaved my way back through Newhaven and along the bunny run, threw up a little in my mouth at tide mills and made it to the seafront to take me home. Saw a handful of striders looking fresh faced as I obviously looked like I partied on the wrong night. 26.2 miles before 10am, that was a different way to

start New Year's Eve,
felt more than tired but
happy in the knowledge I
could eat and drink all I
liked now!

I'd recommend the route,
love to make it into a race
one day!



Seaford Striders Distance Challenge

By Andy Farley

A new lockdown and some enforced time off work made January the perfect timing for the distance challenge. Organised by Nick with some incredible support from Aneka, I entered with no plan (the story of my life) and an open mind. I was paired with Charlotte, who to this day I have not met. One of the most fun things about the challenge was getting to know fellow Striders through WhatsApp and Strava that I previously had not connected with.

The challenge started and at first I continued with my previously planned runs. I had been feeling in a good rhythm prior to it starting and had achieved a few 40 mile weeks which I've never previously done so consistently. Day 1 I ran an easy 10k as Joel took me mountaineering on Day 2 (those who have ever run with Joel will know). Nick's daily leader board put myself and Charlotte somewhere in 4th or 5th place after these two days from memory, which was all the motivation we needed from that point on.

A friend of mine who also works at Apple ran 10 miles every day last year (366 times) so I decided to try and do that for the rest of the challenge. My justification was I had the time (my shop was closed) and it was only for 2 weeks... If Brad can do it for a year I can surely do it for 2 weeks?!? I really didn't know, but that's what I did!

Charlotte was incredible throughout and put in significant miles every day. It was so inspiring to see the crazy mileages all the Striders were achieving. One of my favourite things about running is the community and I love seeing other runners out and about and especially when I'm out on my runs. On the middle Sunday, Simon Croucher put in a full marathon (incredible pace as well) - this meant the final week was so close, I knew I needed to pull something out the bag. Myself and Charlotte put in some serious miles, I finished with a half marathon, 21 miler and finally a 31 miler in heavy rain. Only on mile 29 did the Sun decide to come out!

Being at Seaford Striders is all about the community and this challenge embodied that for me. The hardest thing about the challenge for me was the nutritional side - I couldn't eat enough food! It was quite a relief to finish and not have to worry about protein shakes and triple breakfasts for a while. It has made me realise that the impossible is possible and the only barriers are time and your own brain. Thanks again to Charlotte for being an amazing partner and thanks again to Nick and Anneka for the encouragement, admin work and inspiring leadership.

Seaford Striders Song of the Month...

This month, I received a recommendation from our fabulous strider Simon Homer, who tells me that he doesn't often run with music, but when he feels like it he has a 'go to' playlist that features 'Star Guitar' by The Chemical Brothers. Have a listen!

'Star Guitar'

By

**The Chemical
Brothers**

Odes about Running and The Twenty-Four Seven Run By Darren Evans

Darren has kindly shared some of his 'odes' to running, all of which can be found by following the links below. Some of these are really uplifting to read so if you're feeling a little unmotivated (like I have been lately!) then definitely take a look. Thanks to Darren for providing fresh reading material!

<https://www.hawhub.co.uk/my-odes-to-running>

<https://www.hawhub.co.uk/dan-lawson-the-running-man>

<https://www.hawhub.co.uk/ode-to-a-trig>

Darren is also completing a fantastic challenge in March known as 'The Twenty Four Seven' in which Darren will be running for 24 hours over the Seven Sisters (Birling Gap to Cuckmere, there and back) to see how many times it can be completed. It is an individual event, and all of the equipment that Darren is using will be either reused, recycled, repaired or borrowed- absolutely amazing!

Darren is raising money for local charity WOLO.

#twentyfoursevensisters

Good luck with your brilliant event, Darren, we will all be cheering you on virtually! 😊

Juniors Step Up to Take the Pairs Challenge!

By Wendy Reed

More than 30 Junior Striders took part in a paired challenge to see who could clock up the most mileage during a two-week period in January.

The goal was to partner up and run and walk as much as possible.

Juniors' Lead Coach Wendy Reed said: "The goal was to keep the kids moving through the initial part of lockdown and they all did brilliantly. They stayed active and competitive throughout some horrible weather and we're really proud of them. Also, thanks to the parents and carers who supported their children's efforts."

1st place Charlotte Lyons and Zachary Cook.

2nd place Grace and Jess Collier and Finn Bargioni.

3rd place Pip Glandfield, Daisy T and Lilly Bull.

Well done to all the young runners and thanks to the club for providing medals for everyone who took part.

Seaford Juniors Raise £1500 to help local homeless people.

Seaford Striders Juniors have used their lockdown exercise time wisely by running more than 500 miles and raising £1500 for a homeless charity.

The athletes aged between 6-16 years-old took up a three-week running challenge to do at least seven miles each week which was completed on Sunday (February 14).

Through sponsorship, they raised the huge amount for Surviving the Streets, a charity which supports homeless and vulnerable people across our region. The children ran 559 miles which has bucked a national trend that has seen physical activity plummet among young people during the second lockdown.



The challenge's organiser Wendy Reed said: "We're so proud of the young runners who braved all weathers to get out and clock up their mileage. Thanks to the parents who provided so much support and helped us raise a fantastic figure.

"The club has given us fantastic support throughout the challenge including a £190 donation to help us hit the £1500 mark."

James Robinson from Surviving the Streets said: "We are so grateful for the efforts of the children and the generosity of the people who have donated. The money will go towards buying breakfast packs for the homeless people we serve as well as paying for the fuel to get our delivery vans out to those who need help during these tough times."

The team of runners were:

Lily - Annalise - Olly - Pip - Luther - Kearna - Hettie - Charlotte - Olivia - Jess - Grace - Zachary - Oscar M - Joey - Nancy - Ewan - Daisy - Finn - Oscar B - Lucy.

The youngsters' fundraising page will still be opened for a week so to donate, please visit:

Go Fund Me and search for Junior Seaford Striders Charity Challenge.

Thank you to all the Striders who have generously donated so far.

GETTING BACK TO GROUP RUNNING!!! 😊

By Victoria Maleski

It seems so long ago that we were able to run in our groups. I know I'm not alone in really missing the support and encouragement that comes from running with all our running buddies. Hopefully the end of restrictions is now in sight.

As an affiliated running club we are required to operate in accordance with the guidance issued by England Athletics. Their latest guidance was updated on 24th February 2021 and they have produced this infographic covering athletics and running.

| COVID-19 Roadmap 2021 ATHLETICS & RUNNING | | | |
|--|---|---|--|
| Step 1 | Step 2 | Step 3 | Step 4 |
| <p>8th March</p> <ul style="list-style-type: none">• Athletics & running in schools and as part of wraparound care (i.e., afterschool clubs, childcare clubs) can resume.• Athletics & running in colleges and universities for educational purposes can resume. <p>29th March</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition can take place (without a license).• Outdoor competition can take place (with a license).• No indoor training.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel. | <p>No earlier than 12th April (At least 5 weeks after Step 1)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition (without a license).• Outdoor competition can take place (with a license).• Indoor leisure facilities open for use individually or within household groups.• Indoor group training for u18s and disabled people.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel. | <p>No earlier than 17th May (At least 5 weeks after Step 2)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor competition can take place.• Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.• Indoor leisure facilities open for use individually or within household groups.• Indoor organised group training for children and adults.• No restrictions on travel. | <p>No earlier than 21st June (At least 5 weeks after Step 3)</p> <ul style="list-style-type: none">• No legal limits on social contact.• Club and competition can return to normal.• Individual activity can return to normal. |

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with England Athletics guidance visit www.englandathletics.org
To stay up to date with the latest UK Government guidelines visit www.gov.uk/coronavirus

ENGLAND ATHLETICS

The VERY good news is that because Seaford Striders have our COVID-19 Action Plan and Risk Assessments in place we will be able to return to our group running (with no maximum group size) after 29th March 2021. This is, of course, subject to the Government not changing the Roadmap dates.

We will be reinstating Eastbourne Track Nights as soon as we are able to. Confirmation on the exact date is awaited from Wave Leisure.

We will email details of the running groups and meeting locations around 29th March.

Thank you Victoria for this fantastic news- I don't know about anyone else, but... I AM SO EXCITED!

The Seaford Striders Website Update

Work is under way to upgrade our Club website and I am delighted to tell you that the work is being done by a Club member. The transformation will include a new look and feel for the site.

All of the pages will be reorganised with updated content and navigation. The work will be done independently from the current site and will be switched over once complete. We can't wait to see the results and share the new website with you!

Membership Fees Update

After our AGM meeting earlier in the month it has been decided that Club membership fees are to be reduced this year. Adult full paying membership will be £10, and Juniors will be £5. You can find details on how to update your membership in previous emails or on our Member Mojo website.

Chris Le Beau has passed on this message to those who have already paid their membership fee.

"Many of our Striders who had paid in advance of the reduced fee decision have kindly offered to waive their right to a refund and to donate this instead to Charity. We are therefore passing this on as an extra donation of £130 to

Surviving the Streets, the local charity which supports the homeless and vulnerable."

I personally feel that this charity has been hugely supported by our Juniors, and it is completely amazing that some members are choosing to waive their refunds also. A real sense of community spirit.

Thank you to Chris for the update.

Favourite Running Routes for WOLO

By Victoria Maleski

We are approaching the end of the current membership year. It has not been an easy year for any of us and there have been so many compromises along the way. Hopefully an element of normality can return soon.

Amongst other difficulties, we are aware that several of our members or their families have been touched by cancer during the past year. As a Club we wanted to show our support for those members. It was suggested that we should mark this in some way.

We didn't want it to be just another virtual event. We know you all have your favourite local routes, the places you go to that allow you to clear your mind... whatever you are going through they bring an element of reflection or moments of clarity. It may just be "that" hill which you have finally conquered or it may just be the route to your favourite view. We have such beautiful countryside around us and we wanted to give you the chance to share your favourites.

We invite you to go out and do your favourite local route between the **1st and 29th March**. Maybe share it with your running buddy and then you share theirs another day (both socially distanced or course!), take your "bubble" with you as part of their daily exercise, or just go out by yourself and use it as a chance to escape the world and reflect - the choice is yours. We've chosen 29th March as the end date as this is when, hopefully, we should be able to get back to group running.

There is no fixed distance or pace requirement for this - you can run or walk or a bit of both. You can submit more than one if you have several favourites. It is open to adults and juniors. All we ask is that you donate a suggested minimum of £5 for each favourite route you choose. We are aware this may be a difficult year financially for some members, so don't feel excluded if you are unable to donate - you can still take part.

A fundraising page has been set up - we have decided to support WOLO Foundation which does so much to support local families who are going through cancer.

<https://www.justgiving.com/fundraising/seafordstridersfavourites>

We hope you will join in. Once you have done your route please send your Strava links to secretary@seafordstriders.org.uk - the plan is to record as many of these as possible on the Striders website.

Chairman's Input...

By our lovely Chairman Rob Plant

Hello Striders,

I thought I'd write to you all with a few lines each month from now on.

Given the current lockdown situation the club is still going strong, despite the lockdown we are still gathering new members. You will already know that there are lots of people working hard to keep the Striders spirit going.

Various events have been organised over the last few months and are continuing to be organised for both the Seniors and the Juniors groups. These events have been highly successful judging by the response the events are getting and the amazing enthusiasm from the organisers.

My heartiest congratulations goes out to the people who are putting themselves out to think of these events, organise them and see them through. Thank you so much, your efforts will be recognised and rewarded in due course (I feel a big Striders party brewing when this is all over).

I also give praise to our committee members who have been working in the back group ensuring the club continues to run smoothly.

Wear those Striders shirts with pride while you're out running or walking.

I hope you are all well a keeping safe.

Warmest Regards.

Chairman Rob.

Newsletter write ups!

Thank you so much for the many write ups I received for February. I plan to send the newsletter out at the very latest point in the month from now on, so Striders are aware of when to get their write ups in by- hope that's alright!

Have a fantastic March!

Lauren x

